

CALISTHENICS COACH

- Learn from International Master Trainer, Tim Sunderland; with over a decade of fitness experience
- Master the techniques and progression strategies for teaching press to handstand and bar muscle-up skills
- Credits: 1.6 ACE | 1.4 NASM

CALISTHENICS COACH

Welcome to the “Calisthenics Coach” certification course! This educational journey is meticulously designed for personal trainers who are passionate about elevating their expertise in the realm of bodyweight training.

Through this course, you will unlock the secrets to mastering highly technical moves such as the press to handstand and muscle-up, delve deep into the science of calisthenics, and learn progressive coaching strategies that cater to a wide range of client abilities.

Whether you are looking to refine your own practice or guide others towards their peak physical capabilities, this course offers the tools and knowledge necessary for excellence in calisthenics coaching.



HERE IS WHY YOU NEED THIS COURSE

In an era where fitness enthusiasts are constantly seeking innovative and effective ways to enhance their physical health and prowess, calisthenics has emerged as a key player. This course not only provides a deep understanding of the foundational movements and progressions but also equips you with the scientific knowledge and spotting techniques essential for safe and effective training. By integrating both practical experience and theoretical insights, you will be able to design personalized training programs that inspire and challenge your clients, fostering their progress from beginners to advanced practitioners.

WHAT TO EXPECT FROM THIS COURSE

Embark on a comprehensive learning experience that covers everything from the basics of calisthenics to advanced techniques and coaching strategies. Expect a blend of:

- In-depth tutorials on fundamental to advanced calisthenics movements
- Scientific insights into neurology, kinetics, and movement progressions
- Hands-on spotting techniques to ensure client safety and skill development
- Strategies for identifying and overcoming common faults
- Programming and milestone setting for diverse client needs



WHAT THIS COURSE IS ABOUT

The “Calisthenics Coach” certification is more than just a training program; it is a transformational journey that bridges the gap between theoretical knowledge and practical application in bodyweight training. From mastering the press to handstand and muscle-up skills to understanding the neurological aspects of movement, this course covers:

- Sport definitions and the distinction between gymnastics and calisthenics
- The benefits of calisthenics for all demographics
- Fundamental concepts and base postures essential for progression
- Advanced techniques and variations across different levels of proficiency

WHO WILL BENEFIT FROM TAKING THIS COURSE

This course is designed for personal trainers, fitness coaches, and enthusiasts who:

- Aspire to specialize in calisthenics
- Seek to deepen their understanding of bodyweight training methodologies
- Wish to provide more value to their clients with innovative training techniques
- Are looking for a structured approach to progress from foundational to advanced calisthenics exercises

PRE-REQUISITE

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

COURSE OUTLINE

1. Introduction
 - a. aims & Outcomes
 - b. Sport definitions
 - c. Introduction & Benefits of Calisthenics
2. Fundamental Concepts
 - a. Base Postures
 - b. Warm-up Routines
 - c. Core Skills Development
3. Press to Handstand Progressions
 - a. Foundational Technique
 - b. Intermediate Technique
 - c. Advanced Technique
 - d. Mastery and Variation Integration
4. Muscle Up Bar Progressions
 - a. Foundational Technique
 - b. Intermediate Technique
 - c. Advanced Technique
 - d. Mastery and Variation Integration
5. Training Methodologies
6. Programming and Skill Milestones



CLASS PLAN

Day 1:

8:30 AM - 9:30 AM About this Course

- Overview and objectives of the course.
- Sport Definitions
- Key terms and definitions relevant to calisthenics
- Introduction to Calisthenics
- History and evolution of calisthenics.
- Benefits of Calisthenics
- Physical and mental advantages of practicing calisthenics.

9:30 AM - 10:30 AM Fundamental Concepts

- Base Postures
- Warm-Up Routine

10:30 AM - 11:30 PM Science of Calisthenics

- Neurology, Kinetics, and Movement Progressions

11:30 PM - 12:30 PM Core Skills Development

- Introduction to core skills in calisthenics.

12:30 PM - 1:30 PM Lunch Break

1:30 PM - 2:30 PM L-Sit: Techniques and Variations

- Progressions, Regressions, and Spotting Techniques
- Identifying and Overcoming Common Faults

2:30 PM - 3:30 PM Press to Handstand: Techniques and Variations

- Progressions, Regressions, and Spotting Techniques
- Identifying and Overcoming Common Faults

3:30 PM - 4:30 PM Hand-balance: Techniques and Variations

- Progressions, Regressions, and Spotting Techniques
- Identifying and Overcoming Common Faults

Day 2:

8:30 AM - 10:00 AM Review and Practice Day 1

10:00 AM - 11:30 PM Swing: Techniques and Variations

- Progressions, Regressions, and Spotting Techniques
- Identifying and Overcoming Common Faults

11:30 PM - 12:30 PM Dip: Techniques and Variations

- Progressions, Regressions, and Spotting Techniques
- Identifying and Overcoming Common Faults

12:30 PM - 1:30 PM Lunch Break

1:30 PM - 3:00 PM Catch/Transition: Techniques and Variations

- Bar Muscle Up Progressions

3:00 PM - 4:30 PM Programming & Skill Milestones

- Overview of programming and skill milestones.

4:30 PM - 5:00 PM

- Q&A/Group photo

COURSE AIMS AND OUTCOMES

By the end of this course, participants will:

- Master techniques and progression strategies for teaching calisthenics skills
- Gain a thorough understanding of the science behind calisthenics, including neurological aspects and movement mechanics
- Develop personalized programming strategies to meet diverse client needs
- Enhance spotting proficiency to improve client safety and skill development
- Be able to identify common faults and implement effective correction methods
- Foster client motivation and progress through a structured progression from foundational to advanced exercises.



YOU WILL RECEIVE:

1. Course Manual (On Course Day)
2. Google Drive with video content of Warm-ups, exercises and Spotting Techniques
3. Certificate of Attendance

DRESS CODE

Fitness Attire

WHAT DO I NEED TO BRING

Pen, Laptop/Tablet

EDUCATOR

Tim Sunderland



Since 2015, Tim has been educating the next generation of fitness professionals. As the founder and head educator for True Technique Fitness, he has made a significant impact on the world of fitness education. His commitment to delivering high-quality education and training has helped shape the fitness community.

Tim's areas of expertise lie in corrective exercise and high-performance strength training. He is not just an educator; he's a practitioner who has positively impacted the lives of many. His ability to inspire and educate is what makes him a respected figure in the field, and his work continues to influence and shape the future of fitness and education.